

Visiting Walt Disney World in Summer

Walt Disney World in the summer can be magical, memory making, and very hot. There are the obvious measures to protecting yourself from the heat, like drinking plenty of water and applying sunscreen often. However, there is more to enjoying your time at the Walt Disney World Resort in the summer months than you may think.

Start early in the parks and leave after lunch for a break at the resort pool. The earlier you can get to the parks, the better your day will go. First, it is less crowded in the morning which allows you to ride more attractions in a shorter period of time. Second, it isn't as hot. Florida mornings are warm, but the afternoons are even hotter! Plan a sit down meal for a lunch to get some relief from the summer heat. Then, enjoy a few attractions, and return to your Walt Disney World Resort for some swimming and perhaps a rest in your air conditioned resort room.

Alternate your late afternoon or early evening park plans with inside and outside attractions. For example, we may enjoy the Tomorrowland Speedway at Magic Kingdom. For this attraction, guests are waiting in line outside, in the heat. After our family has enjoyed this, we move to the Carousel of Progress, which is also in Tomorrowland. This classic Magic Kingdom attraction is a great idea for beating the heat! It gives at least a 15 to 20 minute break from the sun, in a relaxing, entertaining, and air conditioned environment.

If you find yourself in Epcot during the heat of the day, try stepping into the Innoventions buildings. There are so many fun activities to enjoy with your family. Another great option is to visit Spaceship Earth as you are leaving Epcot for your afternoon break.

Enjoy Disney's Animal Kingdom Park in the morning. Disney's Animal Kingdom Park does not have a lot of inside attractions. This is a great park to enjoy in the morning hours before the summer afternoon rains roll in or it gets too hot. The positive side to Disney's Animal Kingdom Park in the summer is there is a plethora of shade from all the foliage that is in the park.

Splurge on a misting fan for you and your children. You can find these on Amazon, and they are small so they don't take up a lot of room in your park bag.

Returning to your Walt Disney World Resort is the best option for beating the summer heat in Florida. You are paying to stay at your resort, so you should plan some time to use the pools and other amenities. If there is one thing I prioritize on our trips, it is an afternoon break. Leaving the parks for a break not only gives you a break from the heat, but also a break from the stimulation and crowds of the Disney parks.

Taking a two hour break to regroup before returning for the evening is almost a necessity in the summer heat. Everyone will be happier after a few hours out of the parks before returning to enjoy the cooler evening temperatures and the evening shows at each park.

If you need a stroller, rent or purchase a stroller that has a wide sunshade. Umbrella strollers are great for light weight and ease of carrying on and off the buses. However, most of the time their sunshades are not that great. If possible, rent a nice stroller from a local Orlando company. Most of

these locations rent BOB or Citi Mini strollers. They will also add a rain cover, and the strollers themselves are equipped with a great sunshade. This is so important. It will keep your little one cool, and protected from the sun.



Above all, there is always ice cream. If the heat is making your family cranky, it's okay to walk away from your well thought out touring plan to take an ice cream break in the shade. Be aware of the melting point for you and your children. It's Walt Disney World! Grab a Mickey ice cream bar and people watch while you regroup before going on with your day!



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